



CUSTOMIZED ACNE CLEARING ACTION STEPS

What 3 steps will you take to support clear skin naturally?

BELOW YOU'LL FIND ACTION STEPS TO HELP CLEAR YOUR SKIN BASED ON THE SPECIFIC TYPE OF ROOT ISSUES AND ACNE TRIGGERS THAT YOU'RE STRUGGLING WITH:

Start to think about them today, but don't stress too much, because we'll be "adding them into" your life shortly in a way that actually works for you and your lifestyle!

If you suspect you have some hormonal acne going on:

- ✓ Do some research on the supplements milk thistle and agnus castus (discuss with your doctor and do your own research on their hormonal acne benefits) and try one!
- ✓ Drink 1 teaspoon a day of apple cider vinegar with an afternoon tea or first thing in the morning on an empty stomach (go slowly here because it might be too acidic at first).
- ✓ Do some research on the following teas: dandelion, burdock or licorice root tea and their effect on hormonal acne. They might really help with some balancing elements.
- ✓ Set up a normal sleep, wake, and workout schedule. (What do I mean by this? This means that crazy late nights - bedtime at 2AM with a 6 am wake up, followed by an 8PM bedtime + a 5AM wake up, etc., with no workouts and no meditation - is just, no bueno for your body. It gets your hormones alllll screwed up. Believe me. Especially as a woman, you have no idea the impact that this type of experience and/or schedule will have on your body. Set a sleep, wake, workout schedule for this week and stick to it!)

If you suspect you have digestion issues going on:

- ✓ Buy a probiotic (it's a natural pill for digestion found at Whole Foods and other natural health food stores!) and take 2x daily.
- ✓ Drink hot water with lemon juice and cayenne pepper first thing every AM.
- ✓ Drink a green juice with beets in it (as long as there are 1-2 beets, add anything else you'd like!) Beets get the digestive juices flowin'.
- ✓ Start to add in fermented foods; yoghurt, kimchi, pickles, miso, into your daily diet.

If you suspect you have some blood sugar mismanagement issues going on:

- ✓ Drink hot water with lemon juice and a dash of cayenne pepper first thing every AM.
- ✓ Eat a low sugar fruit + a healthy fat or a protein every 2-3 hours. Yes, my love, this means that chocolate chip cookies and/or doughnuts in the afternoon are a huge no-no. They will just spike your blood sugar and that is public enemy #1 for your skin.
- ✓ Always keep items like bananas and almonds on hand.
- ✓ Add cinnamon to your teas in the AM and PM; it's been shown to really help balance blood sugar.
- ✓ Work out/sweat for at least 30 minutes/day.



WHAT ARE 3 ACTION STEPS YOU'LL BE TAKING TO HELP SUPPORT CLEAR SKIN NATURALLY?

Action Step #1 _____

Action Step #2 _____

Action Step #3 _____

HEAD BELOW THIS VIDEO AND SHARE YOUR 3 ACTION STEPS!

